

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.942
18M.76N
cop-3

MONTHLY



INDUSTRIAL NUTRITION SERVICE

RARY
SERIAL RECORD

MAR 25 1947

DEPARTMENT OF AGRICULTURE

For employee publications, and individuals
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE
Commodity Credit Corporation
Office of Supply

Industrial Feeding Section - 150 Broadway, New York 7, N. Y.

August, 1945

No. 10

To House Organ Editors

These articles can be included in your plant publication. Just select the items that will interest your readers!

Encore for Vitamin C...

Vitamin C is still in the lime-light as garden-fresh vegetables and tree-ripened fruits are harvested this month. Truck-loads of fruits and vegetables are coming into the cities. Victory gardens all over the Nation are helping to increase this year's crop. Snap beans, beets, cauliflower, sweet corn, and many other vegetables fresh from the garden will be found at your plant cafeteria. Delicious, sun-ripened peaches, and cantaloup and other melons will come from orchards and gardens to the cafeteria to add flavor, vitamin and refreshing zest to your mid-shift meals.

PAMPHLET FOR YOUR EMPLOYEES

The following pamphlets are available in quantity for distribution to your employees:

FOOD FOR TWO

VITAMINS FROM FARM TO YOU

SOMETHING YOU DIDN'T EAT

These publications can help in your in-plant nutrition education program. Address and order to the

Reports & Special Programs Section
Office of Supply, CCC
U. S. Department of Agriculture
150 Broadway, New York 7, New York

In our last issue, it was stated that the Citrus fruits are particularly rich sources of Vitamin C, but when these are still short other fruits and vegetables will supply our daily needs. That situation exists at present. Here's why-----

Encore for Vitamin C (Cont.)

Transportation difficulties are keeping the record crop of California oranges from moving east. All railroad lines west of the Mississippi River are congested. Troop deployment, heavy production of many fruits and vegetables in California, labor shortages, limited railroad facilities to handle the gigantic transportation task have all aggravated the problem. Loading holidays have had to be established. This means that until September 1st, no freight of any kind, except Army and Navy equipment can move on Saturday or Sunday. Since refrigerator cars must be shared for all perishable foods, there does not seem to be a very hopeful prospect for more than adequate supplies of oranges moving east this year.

Tomatoes to the Rescue...

The citrus fruit supply need not worry us too much when tomatoes are available. Tomatoes, though only about half as rich in Vitamin C as citrus fruits, are high on the list of sources of Vitamin C. So our word to the wise is: Eat them raw or cooked and **CAN ALL THE TOMATOES YOU CAN!** Tomatoes are the easiest of all vegetables to can, since they may be safely put up without a pressure cooker. The boiling water bath method is sufficient.

In the Same Boat...

Your cafeteria manager has the same problems that housewives have - only multiplied. Here are some ways to cooperate with your cafeteria manager, to make things easier for everyone:

Don't ask for more sugar: Your plant cafeteria has had a drastic cut in its sugar ration because sugar supplies are lower than any time since the beginning of the war. In fact, your cafeteria's sugar ration amounts to approximately 1 tablespoon per meal for each worker. That must be stretched for baking and beverages.

When you use a heaping teaspoonful or two in your coffee, the pastry cook has less for the favorite chocolate cake or apple pie. Cooperate with your cafeteria manager by taking only a level teaspoonful for your beverage. Stir the sugar well so it dissolves completely, and don't grumble about the management or the OPA.

Make the cafeteria service faster:

1. Read the menu before you reach the serving counter so you can give your order promptly.
2. Speak distinctly when giving your order to the counter salesgirl.
3. Have your money ready when you reach the cashier.
4. Keep an orderly line. Trying to push ahead only causes confusion, irritation, and waste of time.

Keep the dining room orderly:

1. Return your tray of empty dishes when this is the custom.
2. Place waste paper in the proper containers.
3. Place cigarette butts and used matches in the ash trays.

And Most Important of All: Remember that despite certain food shortages, Americans can still be the best fed people in the world if they want to be. The secret is in the knowing. Many plant cafeterias have excellent food available, but too many employees do not know how to take advantage of their in-plant feeding facilities. Ask the plant dietitian, physician or plant nurse to help you to plan well-balanced lunches from the cafeteria menu. You'll soon get the knack of it.

Victory Gardens enter a Contest...

An inter-state Victory Garden Contest is being conducted in Louisiana, Tennessee, Mississippi, Missouri, Oklahoma, and Arkansas. Under the terms of the contest, each governor must be a key gardener and have a first-class garden of his own. 40% of the state's score will be based on the governor's garden and 60% on state-wide participation in the Victory Garden program. The prize will be a very appropriate accompaniment for the home-grown vegetables: A Thanksgiving Turkey.

Paul C. Stark, Director of the Home Front Supply of the U.S. Dept. of Agriculture, strongly urges these competitive efforts and points out that there is still time for improving gardens in northern states to keep every row working until frost.

Fatty Facts...

Now that the war in Europe is over and we have taken many of the Pacific Islands, housewives are wondering if they should continue to save fats. The answer is "YES". Despite our victories in Europe and in the Pacific, the requirement picture is the same. In addition, our supply lines have lengthened and we must still send fats and oils to liberated Europe. It is more important now that every drop of fat be saved. The answer is SKIM, SCRAPE, SCOOP every drop of used fat. Even a tablespoon a day adds up to one pound a month.

Your butcher will give you 2 red points and up to 4 cents per pound for fats which are no longer useful to you but precious for Uncle Sam's firing line. Fats that go down the drain or into the garbage pail don't help to shorten this war. Keep the used-fat container in a convenient place and see how quickly you can fill it up.

Harvest Time is Canning Time...

Workers who have victory gardens will be wise to can all fruits and vegetables which the family cannot eat. Can them while they're young, and immediately after they're picked to get full flavor and food value.

Conserving and preserving food this season are more important than ever. Now garden vegetables and fruits are plentiful, but stocks of commercially canned foods will be smaller this year than last. Increased military needs and shipments for the liberated countries will cut the civilian supply. Can all you can now of your garden-fresh foods.

Use the Community Canning Centers...

Many communities have canning centers completely equipped for family canning. Take your fruits and vegetables to a canning center and can them right there. For those who have never canned before, experienced instructors are on hand to supervise the canning and help with the processing. All that the service costs is the price of the can plus a small fee.

Call your local board of education or the extension service of USDA to find where the nearest canning center is located.

If you haven't already applied for your canning sugar, you should do so at once. Applications may be obtained from your local ration board.

Potatoes Are Back...

The indispensable spud is back! Potatoes are now of good quality, and abundant. The Vitamin-rich potato should be eaten at least once a day, either for breakfast, dinner or supper. Contrary to common belief, potatoes are not fattening.

A medium - sized spud has approximately 100 calories, the equivalent of an apple or a banana. Table fats and gravy served with the potato add the pounds. Rich in Vitamin C, the potato provided one-fourth of our daily requirements of this essential vitamin. Spuds are also a good source of Vitamin A, iron, other minerals and starch. Serve potatoes often, they're cheap and nutritious.

Potatoes are easy to prepare. The best potatoes wear their jackets to dinner. Cooking the spuds in their skins saves that precious Vitamin C which is so perishable. Boiled potatoes are better than baked.

There are many ways to use potatoes. A potato salad for warm summer days is tops. Then there are the old favorites--parslied, creamed, mashed, scalloped, and baked. For real variety there is potato soup with oatmeal, potato pancakes and potato scones. But no matter how they're served, eat them often.